

## WEEK 1

### MONDAY

Chilli Con Carne  
 French Bread Pizza  
 Sauté Potatoes or Wholegrain Rice  
 Garden Peas or Sweetcorn Kernels or Salad  
 Apple & Blackberry Crumble & Custard

### TUESDAY

Roast Chicken & Stuffing & Gravy  
 Oven Baked Sausages in Gravy  
 Boiled Potatoes  
 Green Beans or Cauliflower  
 Pineapple Sponge & Custard

### WEDNESDAY

Homemade Beef Lasagne  
 Fish Pie  
 Boiled Potatoes  
 Baton Carrots or Broccoli  
 Jam & Cream Scone or Fruit Salad

### THURSDAY

Cheese & Potato Pie, Bacon & Tomatoes/Baked Beans  
 Savoury Meatballs in Tomato Sauce  
 Pasta  
 Country Vegetables  
 Rice Pudding

### FRIDAY

Chicken Tikka  
 Jumbo Fish Finger  
 Wholegrain Rice or Chipped Potatoes  
 Baked Beans or Garden Peas  
 Chocolate Brownie

## WEEK 2

### MONDAY

Texan Chicken Quesadillas  
 Sweet & Sour Pork  
 Noodles or Wholegrain Rice  
 Sweetcorn Kernels or Garden Peas  
 Marble Banana Sponge & Custard

### TUESDAY

Sausage Casserole  
 Roast Beef & Yorkshire Pudding  
 New Potatoes  
 Broccoli Florets or Cauliflower or Salad  
 Apple Tart & Custard

### WEDNESDAY

Bacon Steak  
 Chicken & Vegetable Bake  
 Creamed Potatoes  
 Green Beans or Baton Carrots  
 Cheesecake

### THURSDAY

Chicken Fajitas  
 Savoury Meatballs in Gravy  
 Boiled Potatoes or Potato Wedges  
 Green Beans or Salad  
 Fresh Fruit Salad

### FRIDAY

Battered Cod Fillets  
 Hunters Chicken  
 Jacket Potato or Chipped Potatoes  
 Sweetcorn Kernels or Garden Peas  
 Blueberry Muffin

## WEEK 3

### MONDAY

Chicken & Vegetable Balti  
 Fish Finger & Salad Cones  
 Savoury Diced Potatoes or Wholegrain Rice  
 Country Vegetables or Garden Peas  
 Lemon Sponge & Custard

### TUESDAY

Oriental Beef & Vegetable Stirfry  
 Sausage in Onion Gravy  
 Noodles or Creamed Potatoes  
 Cauliflower or Broccoli  
 Fruity Flapjack

### WEDNESDAY

Roast Pork & Stuffing  
 Lamb Shepherd's Pie  
 Mashed Potatoes  
 Green Beans or Baton Carrots  
 Trifle

### THURSDAY

Beef Bolognaise  
 Cauliflower & Broccoli Bake  
 Pasta or Jacket Potato  
 Country Vegetables or Sweetcorn Kernels  
 Steamed Jam Sponge & Custard

### FRIDAY

Chicken Enchilada  
 Beef Burger in a Bun  
 Wholegrain Rice or Chipped Potatoes or Salad  
 Garden Peas or Baked Beans  
 Chocolate & Banana Cookie